

# INTRODUCTION TO HEALTH INSURANCE

[Your name]

[Your Library's Name]

[Date]



# INTRODUCTIONS

- Picture of yourself (opt)
- Your name
- Your job at the library



# CLASS OBJECTIVES

At the end of this class you will...

- Understand how basic health insurance works
- Understand basic health insurance terms
- Know who to contact with health insurance questions

**ULTIMATE GOAL:** Decide what type of health insurance you want, and take responsibility for your health care!



# BRAINSTORM



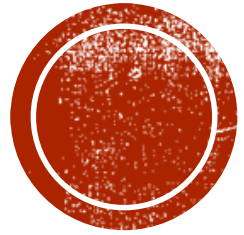
What do you know  
about health  
insurance? Terms,  
phrases, ideas?



# BASIC HEALTH INSURANCE MODEL

1. Buy a health insurance plan
2. You pay the health insurance company money each month
3. The health insurance company promises to help pay when you get sick





# IMPORTANT TERMS



# HEALTH INSURANCE

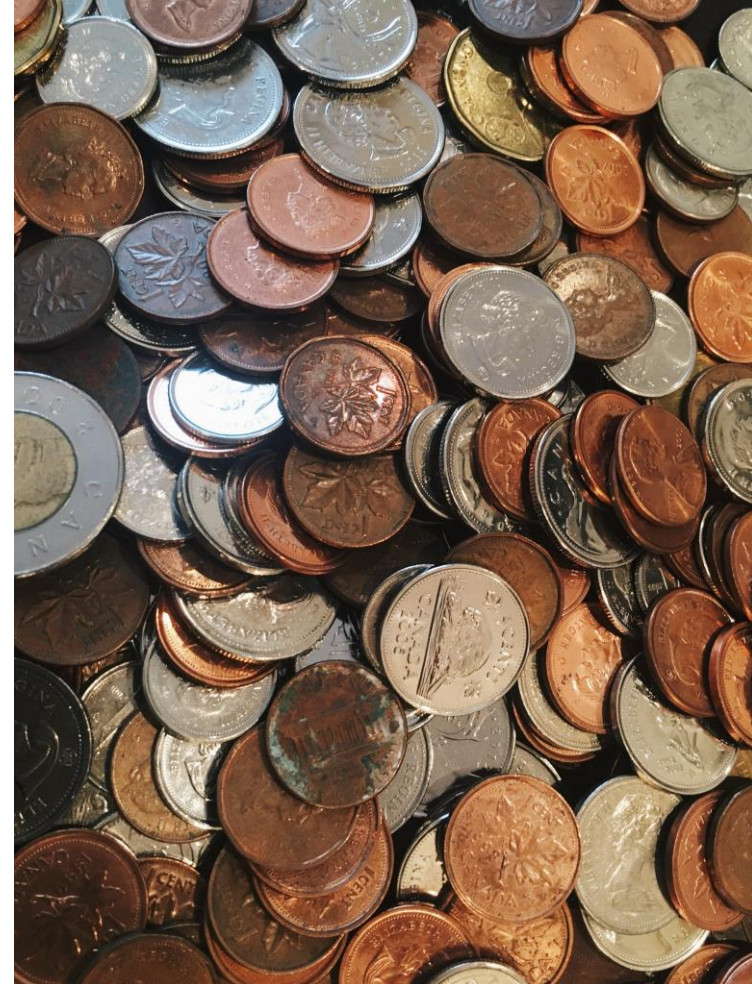
- Healthcare.gov Definition: “A contract that requires your health insurer to pay some or all of your health care costs in exchange for a premium”





# PREMIUM

- Healthcare.gov Definition: “The amount you pay for your health insurance every month.”
- You will ALWAYS have to pay this, regardless of if you receive medical care/go to the doctor that month or not





# COVERED VS. NOT COVERED SERVICES

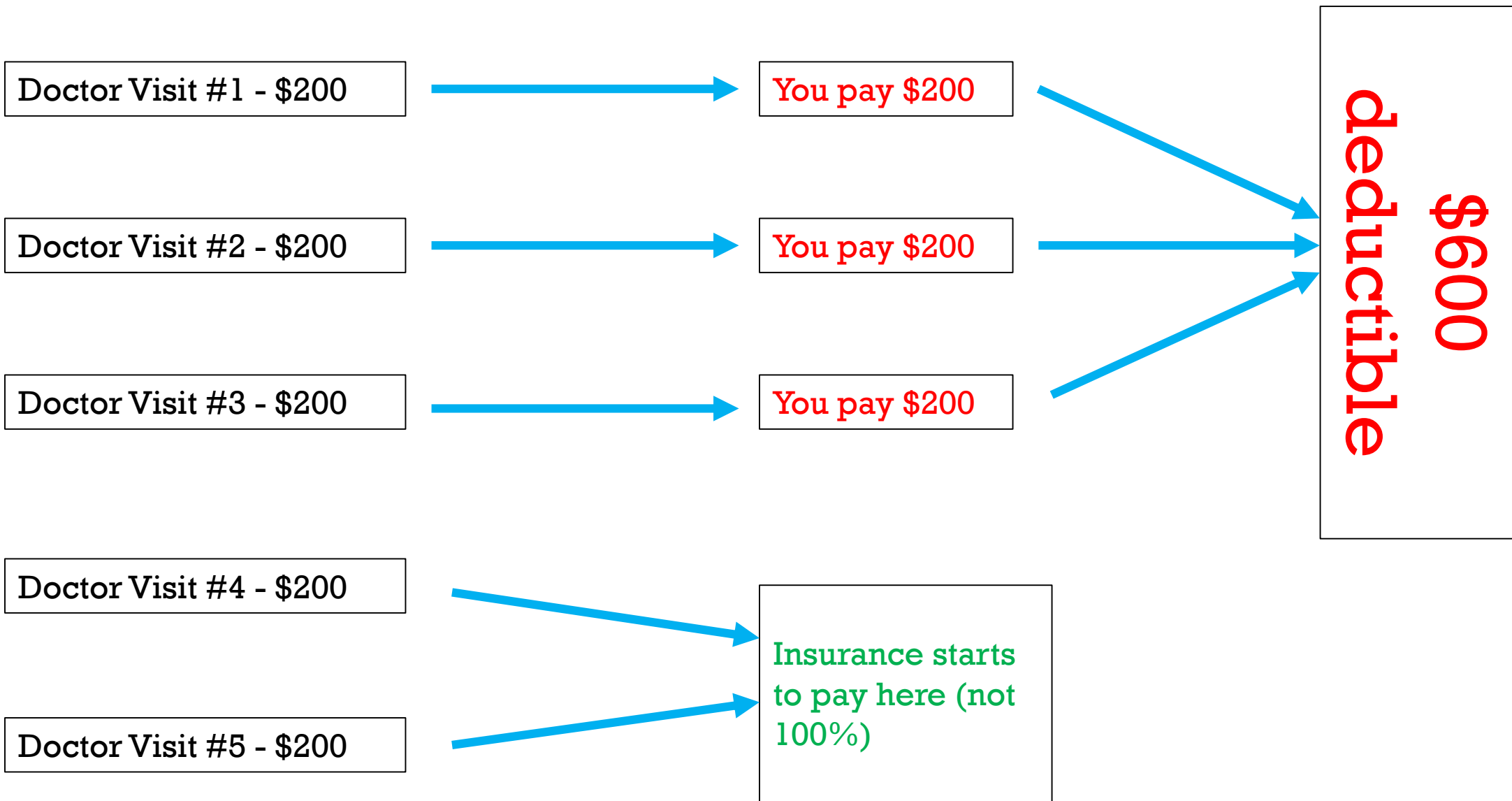
- If a service is COVERED-IN-FULL = Health Insurance will pay 100%
- If a service is COVERED = Health Insurance will pay %
- If a service is NOT COVERED in your health insurance plan = You will pay 100%



# DEDUCTIBLE (STAGE 1 PAYMENT)

- [Healthcare.gov Definition](#): “The amount you pay for covered health care services before your insurance plan starts to pay.”
- Up until this amount, you are paying 100% of the costs





# CO-PAY / CO-PAYMENT (STAGE 2 PAYMENT)

- [Healthcare.gov Definition](https://www.healthcare.gov/definitions/cost-sharing/#cost-sharing): “A fixed amount (\$20, for example) you pay for a covered health care service after you’ve paid your deductible”
- Common copays are doctor visits, or prescription copays



Monthly Premium - \$150

Doctor Visit #1 - \$200

You pay \$200

Doctor Visit #2 - \$200

You pay \$200

Doctor Visit #3 - \$200

You pay \$200

Doctor Visit #4 - \$200

You pay \$50 copay,  
Insurance pays \$150

Doctor Visit #5 - \$200

You pay \$50 copay,  
Insurance pays \$150

deductible  
\$600



# CO-INSURANCE (STAGE 2 PAYMENT)

- Healthcare.gov Definition: “The percentage of costs of a covered health care service you pay (20% for example) after you’ve paid your deductible.”





Monthly Premium - \$150

Doctor Visit #1 - \$200

You pay \$200

Doctor Visit #2 - \$200

You pay \$200

Doctor Visit #3 - \$200

You pay \$200

Doctor Visit #4 - \$200

You pay 20% co-insurance,  
Insurance pays \$150

Doctor Visit #5 - \$200

You pay 20% co-insurance,  
Insurance pays \$150

deductible  
\$600



# OUT-OF-POCKET (STAGE 3 PAYMENT) MAXIMUM

- [Healthcare.gov Definition](#): “The most you have to pay for covered services in a plan year. After you spend this amount on deductibles, copayments, and coinsurance, your health plan pays 100% of the costs of covered benefits.”
- Valid for one calendar year



# COST TERMS ILLUSTRATED

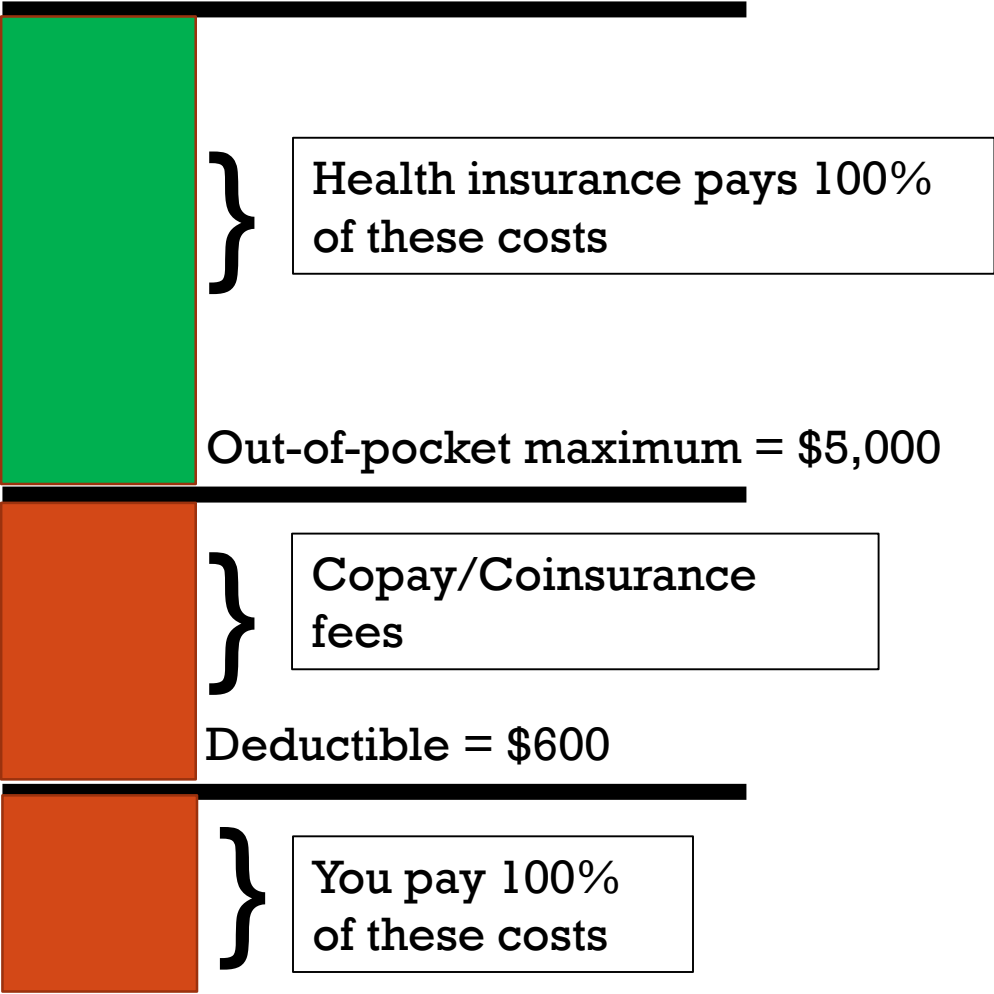
PREMIUM  
\$200



Created by Rohit Arun Rao  
from Noun Project

MUST pay  
each month

Total medical spending in one  
calendar year = \$25,000



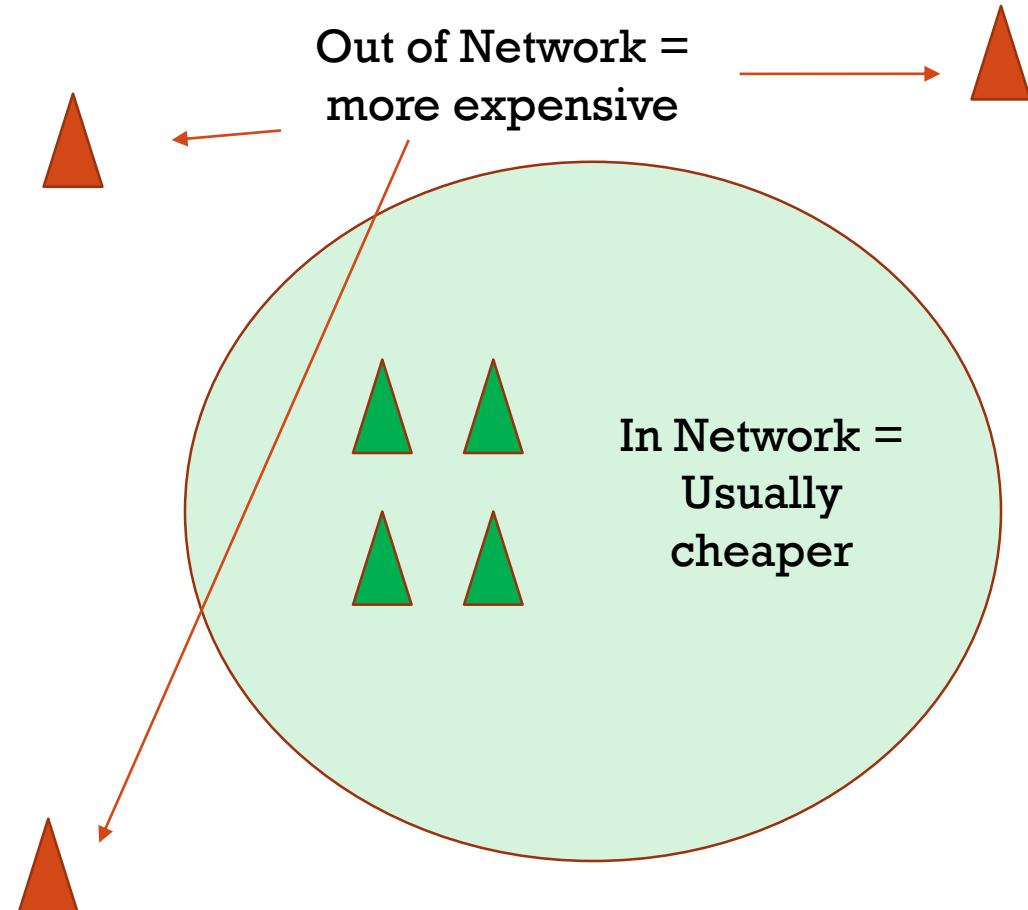
# PROVIDER

- Any doctor/medical professional



# IN-NETWORK/OUT-OF-NETWORK

- [Healthcare.gov Definition](https://www.healthcare.gov/definitions/in-network/) of NETWORK: “The facilities, providers, and supplies your health insurer or plan has contracted with to provide health care services.”
- If you go to a provider that is IN NETWORK, then the normal rules of your plan apply
- If you go to a provider OUT OF NETWORK, you may have to pay the costs out-of-pocket



# OPEN ENROLLMENT PERIOD

- [Healthcare.gov Definition](#): “The yearly period when people can enroll in a health insurance plan.”
- 2019 Open Enrollment: November 1st, 2018 – December 15<sup>th</sup>, 2018
- New plans start January 1<sup>st</sup>, 2019
- Does not apply to Medicaid or CHIP

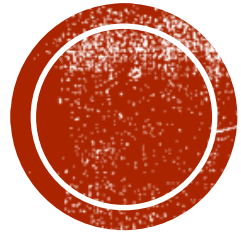




# FOR MORE TERMS

- <https://www.healthcare.gov/glossary/>





# **TYPES OF HEALTH INSURANCE**



# PLAN CATEGORIES — THE METALS!

How you and your insurance plan split costs

Estimated averages for a typical population. Your costs will vary.

Plan Category	The insurance company pays	You pay
Bronze	60%	40%
Silver	70%	30%
Gold	80%	20%
Platinum	90%	10%

- Bronze: Lowest premiums, highest costs when you need care
- Silver: Moderate premiums, moderate costs when you need care
- Gold: High monthly premium, low costs when you need care
- Platinum: Highest monthly premium, lowest costs when you get care

<https://www.healthcare.gov/choose-a-plan/plans-categories/>



# MANAGED CARE PLANS

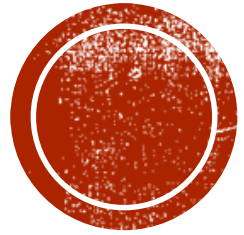
- **Exclusive Provider Organization (EPO)**
- **Health Maintenance Organization (HMO)**
- **Point of Service (POS)**
- **Preferred Provider Organization (PPO)**
- Different areas of focus (what doctors you can use, how much you pay, etc)
- Make sure to compare and contrast to see what best fits you
- <https://www.healthcare.gov/choose-a-plan/plan-types/>



# SHORT TERM INSURANCE

- Travel insurance
- Plans that are three-months or less





# WELL-KNOWN PLANS





# MEDICAID

- Called “Montana Medicaid” in MT
- Provides free or low-cost health coverage to those who qualify, such as low-income people, families and children, pregnant women, the elderly, and people with disabilities
- You need to check and see if you qualify for Medicaid (eligibility)
- <https://dphhs.mt.gov/MontanaHealthcarePrograms/MemberServices>



# MEDICARE

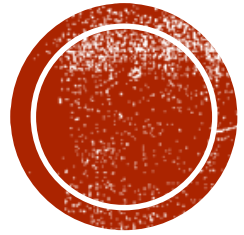
- Federal Health Insurance program for:
  - People who are 65 or older
  - Certain younger people with disabilities
  - People with End-Stage Renal Disease
- <https://www.medicare.gov/sign-up-change-plans/decide-how-to-get-medicare/whats-medicare/what-is-medicare.html>



# CHIP

- Children's Health Insurance Plan (CHIP) – called “Healthy Montana Kids” in Montana
- <https://dphhs.mt.gov/HMK>
- Provides free or low-cost health insurance plan to eligible Montana children up to age 19





**I HAVE QUESTIONS! WHO  
CAN I TALK TO?**



# HEALTH INSURANCE EXPERTS

- Navigators
  - An organization/individual trained to help with health insurance enrollment
- Certified Application Counselors (CACs)
  - A CAC is an individual affiliated with an organization who is trained to help with health insurance enrollment
- Insurance Agents and Brokers
  - Agents typically represent one specific company
  - Brokers usually represent several companies



# HOW TO FIND AN EXPERT

- Cover MT – Get Covered Connector: <http://covermt.org/find-local-help/>
- HealthCare.gov – Find Local Help: <https://localhelp.healthcare.gov/#/>
- Montana Health Answers: <https://montanahealthanswers.com/talk-to-a-human/>

Bring your questions to your local expert!





# LOCAL AREA AGENCY ON AGING

- State Health Insurance Assistance Program – “local counseling, advocacy, and referral resource available to all Medicare beneficiaries, their families, service providers, and others who are interested in Medicare rights, options, and benefits.”
  - Phone number: 1-800-551-3191
  - Hours: Regular Business hours
  - Free of charge, completely confidential
- Contact Information for all Local AAA offices



# OFFICE OF PUBLIC ASSISTANCE

- Various local offices of public assistance
- Can ask questions about eligibility/what services are covered for Medicaid and Healthy Kids Montana (CHIP)
- Can also go in person
- <https://dphhs.mt.gov/hcsd/OfficeofPublicAssistance> (local office locations)



# AMERICAN INDIANS

- These websites are great places to start looking at your options for health insurance
  - <https://www.ihs.gov/aca/>
  - <https://www.healthcare.gov/american-indians-alaska-natives/exemptions/>
  - <https://www.healthcare.gov/american-indians-alaska-natives/coverage/>
  - <https://www.healthcare.gov/american-indians-alaska-natives/coverage-resources/>



# RESOURCES — HEALTHCARE.GOV

- Start familiarizing yourself with Healthcare.gov!
- Questions? Start at “See Topics”:
  - How to apply and enroll
  - Picking a plan
  - How to Use Your Coverage
- Use “Get Answers” for frequently asked questions
- Most importantly: This is the central hub for health insurance in Montana – where you sign up, make changes, submit documents, etc for health insurance



# RESOURCES

- Understanding Health Insurance Plans:  
<https://medlineplus.gov/ency/patientinstructions/000879.htm>
- What Health Insurance Covers: <https://familydoctor.org/health-insurance-understanding-covers/?adfree=true>
- General Health Insurance Information:  
<https://medlineplus.gov/healthinsurance.html>
- Medicare Information: <https://www.medicare.gov/>
  - Start at “Sign Up/Change Plans” tab
  - Look at “What Medicare Covers” tab
- Medicaid Information: <https://www.medicaid.gov/>
  - Start on main page: “Learn How to Apply for Coverage”
- Montana DPHHS Resource: <https://dphhs.mt.gov/SLTC/aging/SHIP/Medicare101>

